

In-Season Phase 2

Day 1

A Sumo Deadlift

Week	Sets	Reps
1	5	5
2	5	5
3	3	3
4	5	1

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Alt. Incline DB Bench

Week	Sets	Reps
1	3	6/side
2	3	6/side
3	3	6/side
4	3	6/side

Set 1	Set 2	Set 3

B2 Chin-up (use external weight if possible)

Week	Sets	Reps
1	3	5
2	3	5
3	3	5
4	3	5

Set 1	Set 2	Set 3

C 1 Arm KB Swing

Week	Sets	Reps
1	3	15/side
2	3	15/side
3	3	15/side
4	3	15/side

Set 1	Set 2	Set 3

In-Season Phase 2

Day 2

A Front Squat

Week	Sets	Reps
1	3	3
2	5	3
3	3	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5

B1 3-Point DB Row

Week	Sets	Reps
1	6	8/side
2	6	8/side
3	6	6/side
4	6	6/side

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 3-Point Push-up

Week	Sets	Reps
1	4	6/side
2	4	8/side
3	4	10/side
4	4	12/side

Set 1	Set 2	Set 3	Set 4

C Single Leg Hip Thrusters

Week	Sets	Reps
1	5	20/side
2	5	20/side
3	5	20/side
4	5	20/side

Set 1	Set 2	Set 3	Set 4